THE WOMAN'S DREADNOUGHT

Published by the East London Federation of the Suffragettes.

Edited by SYLVIA PANKHURST.

No. 26. SATURDAY, SEPTEMBER 12TH, 1914. PRICE ONE HALFPENNY.

The Women's Hall,
MEETINGS EVERY SUNDAY
8 p.m.

Speakers Sept. 13th

Miss NINA BOYLE,
Mrs. WALKER.

THIS WEEK'S MEETINGS.

Sunday, Sept. 13th, 3 p.m.—Victoria Park—Mrs. Bouvier, Mrs. Schlette and others.
8 p.m.—Women's Hall—Miss S. Pankhurst, Miss Nina Boyle, Mrs. Walker.

Monday, Sept. 14th, 8.30 p.m.—Lesbia Road—Mrs. Walker, Mrs. M. E. Davies.

Tuesday, Sept. 15th, 2.30 p.m.—31 Churchill Road (indoors)—Miss A. M. Lynch.
8 p.m.—Poplar, East India Dock Gates—Mrs. Drake and others.
8 p.m.—Limehouse, Burdett Road—Mrs. Walker.

Wednesday, Sept. 16th, 8 p.m.—Poplar Office—Mrs. Drake, Miss Frankerd.
8 p.m.—Chrisp St.—Miss Rickards.

Thursday, Sept. 17th, 3 p.m.—Deacon's Vestry—Mrs. Bouvier.
8 p.m.—Poplar Office—Mrs. Drake.
8 p.m.—Knapp Road.—Mrs. Bouvier.

Friday, Sept. 18th, 8 p.m.—Canning Town, Beckton Rd.—Mrs. M. E. Davies.
8 p.m.—Poplar, Piggott Street.

The Women's Hall,
PUBLIC MEETING
Every MONDAY AFTERNOON
At 3 p.m.

A PUBLIC DUTY.

On church doors and in other prominent places you will see posted, wherever you happen to live, a notice of this kind—

Metropolitan Borough of Poplar.

NATIONAL RELIEF FUND.

Notice is hereby given that the following Registration Offices will be opened on Thursday next, the 3rd September, and thereafter from day to day (Saturdays excepted), between the hours of 10 and 1 o'clock, and 2 and 6 o'clock:

BOW,	Public Library, Roman Road.
BROMLEY	Public Library, Brunswick Rd.
POPLAR	Public Library, High Street.
ISLE OF DOGS	Public Library, Glengall Rd.

The Offices are for the purpose of registering applications for relief from persons in distress in consequence of the War, and NO OTHERS.

Women Applicants will be registered from 10 to 1 o'clock, and Men Applicants from 2 to 6 o'clock.

Men must produce Labour Exchange Cards.

COUNCIL OFFICES,
HIGH STREET, POPLAR, E. 31st August, 1914.

A. H. WARREN, J.P., Mayor.

The wording may be a little different, and the actual place named for registration will be changed, if you live outside the Borough of Poplar, but the general trend of the notice will be the same.

If you are in distress through the war, if you or your family cannot get employment, if you or your family are working short time, if your husband, son, or brother who supported you or supplemented your income has gone to the war, and you have lost all or part of your income on that account, you should register as directed by these notices.

Some people say, "Oh, no, I will not register. I will pawn and starve as long as I can. I will let others, who are weaker, poorer, or have more people dependent on them than I, have a share first."

Some people say, "A church, or charity, or friend is helping me, I will let those who have no one to aid them apply first."

Some people think that the Prince of Wales' Fund is merely for charitable relief and do not register because they want work.

Others imagine that when they register under the Local Representative Committee they are making an application for employment, and if they are invalids or mothers with large families of little children, they do not register, because they are unable to go out to work.

Those who do not register for any of these reasons are making a grave mistake. If they fail to register when they are in need, in order to leave a larger share of the fund for others, they are injuring others as well as themselves, because the Local Representative Committees under the Mayors of the various Boroughs will not apply for a share of the fund for their district until a large volume of people are registering. Therefore if the many who are in need refuse to register, the few who are in even greater need in the same district will get no help from the fund.

Now to those who want work and those who need food or money, the Prince of Wales' Fund is to be used for providing both work, when possible, and food and money for those who cannot work. Moreover, the Local Representative Committees set up to administer the Prince of Wales' Fund are also to bring pressure to bear on Local Authorities and Distress Committees to provide paid employment for people who have been thrown out of work through the war.

The Local Representative Committees will not act until the people who are in need make them act by demonstrating their distress.

The Local Representative Committees, like all local authorities, are all too prone to wait to act until the thirteenth hour, when misery and want will be meeting them on every side. Food is being allowed to rot, though people are hungry, and though jam making, fruit bottling, and the pickling and tinning of meat and vegetables would find work for the unemployed. Land should be put under cultivation, dairy and poultry farms should be started to provide food for the nation if the war lasts, as people tell us it may, for three years.

These things should be done at once, but Borough and County Councils in many districts delay. In Poplar and many other districts the Local Representative Committees fail to meet.

Dear people who are in distress, perform this important public duty—register at the library or whatever place is appointed — clamour for relief, in order that the people who are workers may be given productive work to do, and the people who cannot work, amongst them the expectant mothers and little children, may be fed.

E. SYLVIA PANKHURST.

CUSTODIANS OF THE WOMEN'S HALL.

EMPLOYMENT BUREAU.

Women with experience in Restaurants, both as cooks and waitresses, typists, milliners, dressmakers, shoemakers, brushmakers, box makers, cigarette makers, artificial flower makers, apply to us for work. We have many garment makers including skirt, trouser, shirt, pinafore and other machinists, buttonhole makers, etc.

We are making garments to give away to destitute women and children, as well as executing orders. Will anyone pay for a set of clothes for a little girl or boy? If so, write to Miss M. Joachim, 400 Old Ford Road.

OUR "COST PRICE" RESTAURANTS.

The Restaurant in Old Ford Road, Bow, gave a two-course midday meal at 2d. a head, to over 120 persons, on Monday, September 8th—a week after the Restaurant was first opened—and 1d. two-course meals to 40 children. Some of the tickets for these meals were given free. Twenty-four pints of soup at 1d. a pint, with a slice of bread, were sold during the evening, and 39 farthing cups of tea were sold. The number of meals served is increasing rapidly each day.

In addition, cooked food and uncooked groceries, such as rice, tea and sugar, were given in a number of necessitous cases.

Our second "Cost Price" Restaurant will be opened at Tryphena Place, Bow Common Lane, on Wednesday, September 16th. Dinner 12 to 2 p.m. Supper 7 to 8 p.m.

Gifts of soup plates, dishes, cups, jugs, knives and forks, spoons, glasses, pans, boilers, gas rings and other utensils, are urgently needed for this and other restaurants.

OUR BABIES' MILK CENTRES.

The work of our Milk Centres is growing daily, and we are now working from the Women's Hall, Old Ford Road, Bow, from 319 East India Dock Road, and from Crowder's Hall, Bow Road, for the Bromley district. We urgently need gifts of milk, eggs, barley and arrowroot and money to buy these.

We need more help from doctors and nurses. Who will volunteer?

ABOUT THE DUSTMAN.

We have urged that the dust pails should be emptied every day—not twice a week, both to find more work for the unemployed and to raise the low sanitary standard of our district, but we learn that instead of pails being emptied once a day they are being emptied only once a week!

In the United States, 25 cities have now one or more policewomen—Chicago having 20, Baltimore 5, Seattle 5, Los Angelos 5, Pittsburg 4, San Francisco 3, St. Paul 3.

TO E. L. F. S. MEMBERS.

There will be a General Meeting of the East London Federation of the Suffragettes, on FRIDAY, SEPTEMBER 18th, at 8 p.m., in the Women's Hall, Old Ford Rd., Bow, E., for important business. ALL members should attend.

MANCHESTER SOLDIERS' FAMILIES.

In Manchester the soldiers' and sailors' wives have had to register at the offices of the Charity Organisation Society. Hundreds of them have had to wait for many hours in the street outside. Now the registration has been transferred to Milton Hall, Deansgate, where seating accommodation can be provided, but, after the preliminary registration, the women will still have to go long distances for their weekly doles to a pay centre. The officials refuse to send the women postal orders—although the "relief" given only averages 4s. or 5s. a week.

WANTED! MORE HOSPITALS.

The Local Government Board is urging Town and Borough Councils to erect the public buildings that are needed *now*, in order to find work for the unemployed.

Hospitals are needed everywhere, and every Local Sanitary Authority has power, under the Public Health Act to erect these. Other countries do not depend for the care of the sick on hospitals maintained by private subscriptions, and in this country our privately maintained hospitals have long been unable to cope with our ever growing need. Now that the wounded soldiers are returning every day, ordinary cases of illness are discharged to make room for them, and the evil grows.

Last Saturday there came to the Woman's Hall, Bow, a poor girl about 12 years of age who looked like an old woman of 70. Her face, hands and arms and whole body were disfigured by a most awful skin disease. She had been turned out of the London Hospital to make way for the wounded.

A woman from Chisenhale Rd., Bow came to us on Wednesday. She has a little baby of fifteen months dangerously ill with sickness and pneumonia. The child was sent from the London Hospital to the Workhouse Infirmary and as it was on the danger list. its mother was allowed to see it every day. She took it away after four days because she found it was being terribly neglected. She went before a board of men, who questioned her as to whether she was bringing her children up in their father's religion, but finally thanked her for exposing the neglect, and remitted the fee which she would otherwise have been charged. The mother bears no ill will to the nurses, for she believes they have more cases to attend to than it is possible for them to manage.

TRAMS FROM POPLAR TO TO VICTORIA PARK.

Mr. Sydney Webb has written a useful pamphlet called "The War and the Workers," published by the Fabian Society, 3 Clements Inn, Strand, W.C. In this pamphlet he urges that this is the moment for Municipal enterprise to prevent distress amongst the people.

The tramway which runs from East India Dock Road, Poplar to Victoria Park has stopped running, because, we are told, so many horses have gone to the war. Why not electrify that tramway line? It is much needed.

At the Free Libraries in Bow, Bromley and Poplar, men, women and girl applicants are all registered by the same official—a man. This should be altered. A woman should be appointed to deal with the women and girls who come to register.

WOMEN! JOIN THE
East London Federation of the Suffragettes —
WE NEED YOU!

I wish to become a member of the EAST LONDON FEDERATION OF THE SUFFRAGETTES.

Name .....

Address .....

I enclose 1½d. to cover membership and postage.

The Mayor still refrains from calling a meeting of the Bow, Bromley and Poplar Local Representative Committee appointed to administer the Prince of Wales' fund. They say there is not yet enough distress!

The Woman's Dreadnought.

Published by the East London Federation of the Suffragettes,

321 ROMAN ROAD, BOW, E.

Telephone EAST 422.

Agents:—INTERNATIONAL SUFFRAGE SHOP, 11 Adam St., Strand, W.C.; LONDON & SUBURBAN PUBLISHING Co., St. Bride's Churchyard, E.C.; Messrs. HORACE MARSHALL & Co., Temple Avenue, E.C.

Can be obtained at the Bookstalls of Messrs. W. H. SMITH and SONS, and Messrs. WILLING.

Annual Subscription: Post free, 4s. 4d.

No. 26.—Saturday, Sept. 12th, 1914.

Bravely and willingly we bear our share of the World's burdens. Why, then, deny us the right to Vote, which would dignify our labour and increase our Power of Service.

A MINIMUM WAGE FOR WOMEN.

Many people are saying that on the other side of this war we shall come into a new regenerate world, an international commonwealth of happiness and well-being, in which the squalor and misery of to-day will be unknown.

How precious and long desired is that vision, how white are its dear feet upon the mountains of imagination! With fancy's flowers we embroider its glades, and its skies fill with sun and song. Its children are lovelier than the blossoms and more joyous than the birds. Our hearts yearn for such a peace from this world of dreary actuality.

Life does not change like a dream vision, its battlements are *hard and cruel facts*. Yet do not shake your head over the "new world" vision and turn away from it saying it cannot be. It is too beautiful, too sorely needed to be cast aside, either for lack of care or lack of hope. Neither sit dreaming and fancying that all the forces of evolution make for good.

We are the evolutionary forces, we, with our small wills together striving. We, banding together, can hasten our country's upward growing, and joining our hands across the seas to countless others, we, each of us playing some small upward part, can hasten the great growth international.

Away on the field of war amid the scenes of murder, where kindly fathers kill poor mothers' dear young sons, in spite of the awful negation of humanity and civilization in which they are joining, men learn, forced by the hand of stern necessity, to play a hero's part. On the field of war, we are told, all men of a side are as brothers, sharing alike in sleep and rations; each helping each, and privates and officers alike ready to go to an almost certainty of death to carry a wounded comrade out of the range of fire.

Stern virtues such as these we, who are left at home, must practise, if we would make that "new world" possible after the war. We cannot wait until the war is over: we must begin toiling and building now. We must apply ourselves to the difficult task of rooting up long standing abuses, and cope as well with the new emergencies and troubles that arise.

In the first place let us try always to realise that every human being has a right, not merely to a bare existence, the mere food to keep life coursing within the body, but to comfort and joy and the means for upward development.

If, as it may be, even barest necessities grow scarce amongst us during the war, then we must not allow some to go half starved whilst others live in plenty, but, must share here at home as we are told they do away there on the field of war.

In the meantime, while as yet famine does not stare us in the face, and may not, let us strive to enforce generally a decent standard of payment for work and for relief.

In Australia, where women have the vote, a widowed mother is entitled to 5s. a week for each child—it costs more than that to maintain it in the Workhouse—that she may keep it, with a decent standard of simple comfort, beside her in the home.

Most pitiful is the plight of many British soldier's and sailor's families. One fragile woman from Ranwell Street, Bow, came to us to-day. She has three little children aged four and a half, three years, one year and nine months, and is expecting another soon. Her husband is a Reservist and was called up when war began. She had 20s. from him and 22s. from the Soldier's and Sailor's Families Association. The War Office have sent her £1 19s. 6d., i.e., 9s. 1d. a week for the month of September. "They said it wasn't as much as I ought to have," she said, "but they were getting short of money." The Soldier's and Sailor's Association had told her to wait until they should come to visit her, and she did not know whether she will get any more from them. She was terribly worried, "9s. won't keep us," but she made excuses for the War Office, they were "busy" she thought. And then she cried, she had heard that, "a lot of Mr. —— Regiment have fallen down."

The husband of a woman living in Ford Road had the order from his firm, "enlist or go." He joined the Territorials and went into training at the barracks in Tredegar Road. The firm *promised* him 5s. a week whilst he was at the war, but in the meantime he had nothing. There are six little ones whose ages vary from 10 years to 8 months, the baby is wasting, another child has abscesses in her head. The rent is 7s. No money has come from the War Office. The Soldier's and Sailor's Association told the woman to wait until a visitor called upon her. "When she came to us on Monday there was no food in the house."

On Wednesday, she came again. Still there was no money from the War Office. The visitor from the Soldiers' and Sailors' Association had been, but had left without giving her anything, merely saying that she *might* get some money on Saturday.

Surely the British Nation is able, surely it should be willing to grant a fixed payment of £1 a week to soldiers' and sailors' wives who have no more than two children, and where there are more than two children, to 10s. a week for the mother and 5s. a week for each child; £1 a week for a mother whose son, who has been her support, has gone to the war, 5s. a week for the brothers and sisters who have been supported by soldier and sailor brothers.

The men who are out fighting at the bidding of their country's Government, are entitled to the knowledge that their families are removed from want. The women whose husbands and sons will probably never return to them, are entitled to this small return for all the anxiety and grief that they must suffer.

One of the most glaring and far reaching evils menacing society has for long been the under-payment of our women. For many years after this war the proportion of women wage-earners is bound to be increased because so many, many men who took their part in the world's work, and were the bread winners of families, will have lost their lives. If the present gross under-payment of women's labour is allowed to continue, the "new world after the war," will be a worse, an infinitely worse one than the world that we know to-day. Let us demand that the standard of women's wages be raised immediately. Let us band ourselves together to insist on a minimum wage for women, of 5d. an hour, or £1 for a full week's work. It is little enough, especially in these days of high prices!

We women can all do our part in getting this minimum enforced. Numbers of us are members of Boards of Guardians, Town Councils, Local Representative Committees for distress, and so on, and there is hardly a woman's society that is not organising on its own account some kind of employment scheme to cope with the present distress. Through all these avenues we can press for this women's minimum wage of 5d. an hour, or £1 a week.

Do not be led away by those who tell you that if you pay a fair wage you will be obliged to employ a smaller number and that a larger number will be forced to starve. Those for whom no work can be found the State must be forced to care for, and by paying a miserable pittance to a large number you will be helping to keep down the standard for the Nation. Also you will not be helping as you might to prevent unemployment, for every woman who is paid a decent wage is able to buy clothes and other manufactures, and in this way to provide employment for other people.

In all that we do to relieve distress at this juncture, hard though the effort is, as case after case of misery comes upon us, we must remember always the "new world" that we must build, and strive to secure that the integrity of our Nation, for which men fight, shall be an integrity worthy of preservation for all time.

E. SYLVIA PANKHURST.

AMNESTY FOR SUFFRAGETTES.

EXILE'S RETURN.

The amnesty for Suffragettes was not so complete as most people imagined. Miss Annie Bell was kept in prison some days after her comrades had been released. Mrs. Crowe of Newcastle was re-arrested under the Cat and Mouse Act, by a detective in Newcastle on Thursday, August 27th. Mrs. Drummond and 16 other "mice" then went to the Home Office to see Mr. McKenna. Some of them went inside to make an appointment with Mr. McKenna, but an argument ensuing, they were thrown out—much to their surprise—and taken to Cannon Row police station. After about half-an-hour they were set at liberty.

When the Government announced the amnesty, they said that it would apply to suffragettes who were serving their sentences at the time, all under the Cat and Mouse Act—the currency of the sentence of prisoners who are at large is suspended. It might therefore be construed that the Government had not extended the amnesty to them, but Members of Parliament and others have been assured by the Home Office that none of the "mice" will be re-arrested.

Mrs. Pankhurst and Miss Christabel Pankhurst have therefore returned to England as free women. Miss Christabel Pankhurst had been in France since March 6th, 1912.

On Tuesday, September 8th, she spoke for the first time in the London Opera House, to an enthusiastic audience mainly composed of women, who applauded vociferously every militant suffrage point.

It is announced that Mrs. Pankhurst will speak at a similar meeting shortly.

UNEMPLOYMENT BENEFIT.

All men and women usually employed in the building, shipbuilding or engineering, vehicle making and saw-milling trades and works of construction, are entitled to 7s. a week unemployment benefit under the National Insurance Act, if they are out of work. This applies to 3,000,000 men and 10,000 women. If you are one of them see that you get it!

FOOD PRICES.

The women of the United States called upon President Wilson to regulate food prices, as they, like ourselves, are suffering from high prices as a result of the European War.

President Wilson then ordered an investigation, the books of the firms engaged in the food trade being examined and lists of prices demanded from them. As a result, a number of gamblers in food are to be prosecuted by Attorney General Reynolds.

In Chicago a wholesalers' licensing ordinance will be introduced by Alderman J. H. Lawley, chairman of the Municipal Markets Commission. This ordinance requires all persons selling food stuffs to keep a complete record of receipts and sales, which shall be open to inspection at all times.

The markets are to be kept open from 4 to 10 a.m., and 4 to 10 p.m. on Saturdays, instead of only from 4 to 5 a.m. as heretofore, in order to enable housewives to deal direct with the farmers. It is thought that this new regulation will strike an immediate blow at the rise in prices.

Hundreds of Chicago housewives have turned "volunteer investigators" and made reports, by letter or by telephone, to the department of public welfare, which is conducting the city survey of the food situation. These reports were received by Mrs. Leonora Z. Meder, head of the department.

Mr. Runciman of our Board of Trade should wake up! Though there is infinitely more need to take action here than in the United States, very much less to keep prices down and to secure that the people shall be fed is being done here.

EXPORTS & IMPORTS.

Imports, August 1914	£	Increase or decrease on corresponding month last year.
Grain and Flour.....	8,120,928	+ 778,064
Meat including animals for food	4,688,987	− 29,773
Other food and drink:—		
Non-dutiable	5,065,245	− 1,015,611
Dutiable	3,184,677	− 1,169,973
Tobacco	473,387	− 94,703
Total	21,497,204	− 2,031,961

There is an increase in the grain and flour imported, but the price is still up.

Exports, August 1914	£	Increase or decrease on corresponding month last year.
Grain and Flour.....	117,270	− 184,523
Meat including animals for food	48,059	− 47,091
Other food and drink	1,118,480	− 1,033,263
Tobacco	248,091	− 37,754
Total	1,531,900	− 1,302,621

The export of food stuffs is reduced by half, but why export food at all, when we may have a famine to face later on? Why should not the Government buy up the food usually exported, and store it in case of need?

UNEMPLOYED WOMEN.

The Queen's Work for Women Fund has published table below, showing the proportion of women and girls in full work, on short time, and unemployed in various industrial occupations.

It will be noted that in dressmaking, which employs 66,000 girls and women in London, 25 per cent. are unemployed, and 44 to 64 per cent. on short time.

The full statement is as under:—

Trades	Large Firms. No. in London.	Large Firms. Full time. per ct.	Large Firms. Short time. per ct.	Large Firms. Unemployed. per ct.	Small Firms. Full time. per ct.	Small Firms. Short time. per ct.	Small Firms. Unemployed. per ct.
Tailoring.....	32,000	—	—	—	46½	50	3½
Dressmaking.....	66,000	34	64	2	31	44	25
Other Clothing.....	51,000	48½	49	3½	49	44	7
Boots and Shoes	4,500	13	78	9	47½	36	16½
Printing and Books.....	15,000	26	69½	4½	18	67½	14½
Paper and Stationery.....	18,000	55	43	2	39½	56	4½
Jams, etc.	6,000	39½	39½	21	48½	38	13½
Other Foods.....	10,700	70	18½	11½	—	—	—
Tobacco Manufacturing.....	5,500	45	52	3	79	none	21
Hairs and Feathers.....	4,600	55	33	12	—	—	—
Leather Manufactures	3,000	73	25	2	4	81	15
Furriers and Skinners.....	3,000	33	45	22	—	—	—
Manufacturing Chemists ...	2,000	79½	17	3½	no returns		
Furnishing & Upholstering	4,700	18½	76	5½	—	—	—
Laundries.....	35,000	—	—	—	37½	55	7½

CASES OF DISTRESS I HAVE VISITED.

By Mrs. Drake.

Mrs C., Brunswick Road, Poplar, has two children, aged one year and nine months, and five weeks. Rent 5s. for two rooms. The husband was on the reserve and called up, wife confined only four days when he went. She got the pay from the Government, it amounted to 9s. 11d. per week and she does not know how to manage. She is still weak from her confinement and the doctor recommends nourishment.

Mrs. H., Poplar, has five children, aged 16, 13, 11, five and two years, and expects another any day now. Her eldest boy earns 6s. per week at fish cleaning, 3d. stopped for stamp. Husband casual labourer, very little work.

Mrs. H. has four children, aged 15 months, four, eight, and nine years. Husband waterside labourer, work very slack. Baby very ill with pneumonia the last two weeks, still very bad. Rent 4s. 6d. per week. Have promised milk while baby is so bad.

Mrs. D. has six children aged 13, eleven, eight, five years, and 16 months. Husband laid up with rheumatism four weeks, only getting panel money. Wife has worked at tailoring but can get no work through war. She also keeps a baby of eleven months belonging to a servant who is out of work. Rent 8s. per week.

Mrs. M., Poplar, has three children aged three, one year and eight months, and eight months. The two boys have had measles and are still very weak, the little girl is in the infirmary with wasting and diarrhœa. The husband is a hawker and sells vinegar, the price of which has gone up. He can neither buy nor sell at present. They live in one room 2s. 6d. a week.

Mrs. B., Poplar, has five children aged 17, 14, twelve, nine and seven years. One boy, 17 years, at work, earning 8s. a week, stamp out of that and 1s. fares. He works at a tailors. The next boy of 14 years, has been turned out of the London Hospital for the soldiers. Husband a casual labourer. Wife very ill with influenza and bronchitis. They owe about 30s. Rent 5s. 6d.

Mrs. G., Poplar, has two boys aged four years and seven weeks. The baby of seven weeks is on the bottle, and they would be glad of the cow's milk, as it is so thin. The father is a chimney sweep, fell right off slack through the summer season, and then the war. Been to the parish and they refuse to do any more, as they say it is not a case of sickness. The wife has had a little washing to do and cannot afford to buy milk for the baby. One room at 3s. a week.

OTHER TYPICAL CASES.

Two girls living near Victoria Park, employed in making caramels four and a-half and five years at the same firm and earning from 10s. to 12s. per week, are now thrown out of employment through the war.

A widow with two sons living in Bow pays 5s. per week for two rooms. One of the sons was employed by a veneering firm, the other by a maker of picture frames. Both have lost their work. The mother does washing and cleaning but has had no work since Bank Holiday week.

Husband has phthisis and has been in infirmary ten years. Wife lives with brother who is now out of work through war. She has a daughter-in-law who makes blouses and is out of work. Her married son used partly to support her but has gone to the war, and she gets nothing from him now.

GRATEFULLY ACKNOWLEDGED.

Miss Ethel Lowy 5/-, Mrs. C. A. Hanson 2/6, Mrs. Wolfe Levy 5/-, Miss Fleming 4/-, Mrs. Richmond, 5/1, Miss Jane Eyre 3/-, Dr. Tchaikowsky £1, Miss Bertha Brewster 2/6, Mrs. Taylor 2/6, Miss Elizabeth Robins £1, Wm. A. Willox, Esq. 5/-, Mrs. Daubin 5/1.

For Milk and General Distress:

Mrs. Boase £1, Mrs. Siemens £1, International Suffrage Shop, per Miss Gladys Glidden 5/-, Mrs. Lancaster 10/-, Miss Di Beringfield 10/-, Miss Maude Jeffreys and Miss Rose Pratt 3/-, Miss Elsie Douglas 5/-, R.S.P.U. collection 4/4, Miss Turner 2/6, Miss Rae 2/6, Miss Isa Faulkner 1/-, Mrs. McMillan (New Zealand) 10/-, Mrs. Grant £1, W.G.T. 2/6, Collected per Miss Parr 6/2, Mrs. Parr 1/-, Miss Parr 2/6, Miss Reinon 2/6, Mr. R. Baxter 10/-, A. Newman 2/-, Mrs. Fryer £2/2/-, Mrs. Mansel Moullin £1, Miss Edith Raine £1, Mrs. Mills Cobbold £2/11/-, Miss Charlotte Thurlock £1, Mrs. Watts £1.

Plums.—Mrs. Brewster.

Vegetables—An Allotment holder, a Postman.

Blackberries—Miss Olive Hockin.

Barley and Arrowroot—Mrs. Falcke.

Eggs—A working Suffragist mother.

Flour—Mr. Cole, 1 sack; Rotherham Mills sack of brown flour.

NURSES IN PRISON AND ARMY HOSPITALS.

Mrs. L. M. St. John, R.R.C., in an interesting paper which was read before the Conference of the National Council of Trained Nurses in Birmingham, and which is now published by the Penal Reform League* in their Quarterly Record, says:—

"I happen to have been one of the first batch of sisters who went out to the Army hospitals in India. Many medical officers said that we were not required, and that there was nothing for us to do. But in a short time they found that we were very necessary. We saw that we were wanted the first day. I am quite sure that it would be the same with the prisons. I visited the hospital of a men's prison the other day, and all seemed clean and well managed. But I felt that if I had been young again I should have liked to volunteer my services there. It reminded me so much of Army hospitals I had visited before the advent of sisters. Well, there are plenty of energetic nurses as young as I used to be. I assure you the prisons have need of them."

"Every nurse will know," says Mrs. St. John that there are many little things which she could do to help the medical officer and to make the prison a better place for the prisoners and for the officers.

She further points out that in the prison hospitals of England and Wales to-day there is on duty *only one nurse with a three years hospital training.*

In the men's prisons the nursing is done by ex-R.A.M.C. men and ex-sick berth stewards of the Royal Navy.

In the women's prison the salaries of the hospital staff are the same as those for the ordinary wardresses and range from £45 with quarters, laundry, uniform, fire and light, but *not food*. The highest wage of all is that of the matron of Holloway, who has from 500 to 700 men prisoners in her care, beside the duty of controlling the ordinary work of the wardresses of Holloway prison itself, and the training of the new recruits to the staffs of all the women's prisons, in the country; she is paid £180 a year.

The staffs of the prison hospitals, and those of other parts of the prisons are alike subject to fines and punishments.

Mrs. St. John says:—

"Another point should be emphasised. Whether you have trained nurses or not, it must be obvious that no good work can be done under the fear of punishment, and it is a degradation to our vocation that those engaged in it should be subjected to such insult. I asked one governor if the nurse in charge was subject to fines and punishments. He said, 'Yes,' but added that he could not conceive of such a thing as a fine or punishment being imposed on her. I said, 'Naturally; one can see Miss — is to be trusted and has made her own position here. But it is surely unfortunate that she is liable to such penalties.' He seemed to think that the penalties were necessary. I objected, and put the case of medical officers, suggesting that the prison nurses should be treated just as the higher male officials were treated. To this he seemed to make no further objection.

"Athough I thus protest against punishments particularly on behalf of nurses, I do not wish it to be inferred that I approve of such punishments for other workers. On the contrary, I emphatically say that if we want to raise the tone and status of those who represent the community in its dealings with criminals we must abolish all such devices for keeping them up to the mark, and invite them to regard their work as an honourable vocation, in which all driving and punishment would be out of place. Something like this, it seems to me, is the first requirement of the prison service.

"I must confess that my chief motive in advocating the introduction of trained nurses in prisons is the hope that they will help to transform them out of recognition.

"Discussing these matters one day with a doctor who was governor of a prison in India I urged the desirability of having trained nurses of culture in all prisons. He looked shocked, and said that prison was not a place for ladies. I think the answer to that is that the sooner prison becomes a place for ladies the better. Indeed here in England it has already become a place for ladies, has it not? And they have done some useful ventilating for which we owe them deep gratitude."

In this concluding paragraph Mrs. St. John was obviously referring to the Militant Suffragettes.

* Penal Reform League, 68a Park Hill Rd., N.W. 6d.

WHAT THE WAR MEANS TO US.

We are calling upon our readers to do a very difficult thing just now, and it will take us all our time to do it. It is hard enough to keep sane in peace time; it is infinitely more difficult in time of war.

At one swoop our sense of judgment and our sense of proportion seem to be swept away, the rules we have used for our ordinary conduct, the judgment we have brought to bear in ordinary cases, seem to fail us. What we have learnt to think of as wicked and horrible, we are now called upon to admire; what we *know* to be wrong we find we are trying to persuade ourselves is right.

It takes all our moral strength to pull ourselves together. We must keep on reminding ourselves that our cultivated judgment, the common sense that has served us in the past, is what we must turn to now in this crisis; we must not try to create a new standard by which to measure this sudden upheaval.

We must keep perfectly clear in our minds that this war is wicked. It is wicked because murder is wicked, and murder is wicked because hatred is of the devil. That we know; this is our normal judgment, and we must hold to it now, when our whole nature is crying out, trying to believe that there is such a thing as a righteous war, and that this is one. It is not; there is no such thing.

We must keep perfectly clear in our minds also the knowledge that the interests of war demand a certain type of enthusiasm which is kept up to simmering point by horrible stories of what our enemies do. These may or may not be true, that is not the point. The point is that we should not allow ourselves to be moved one hair's breadth from the judgment that belongs to our normal higher selves by any of these stories. A good thing cannot rest on a bad foundation, and the patriotism born of a whipped-up enthusiasm, based on stories of the enemy is not worth the name. Love of what is best in our own nation; a determination to foster and encourage this; loyalty to those we love and a resolution to protect them; these are surely enough to make us ready to give in this hour of the country's need.

We are in for this war for good and for evil; we have got to see it through. But we shall not bring out of it the lesson it can give us, if we let ourselves slip down into sloppy emotionalism.

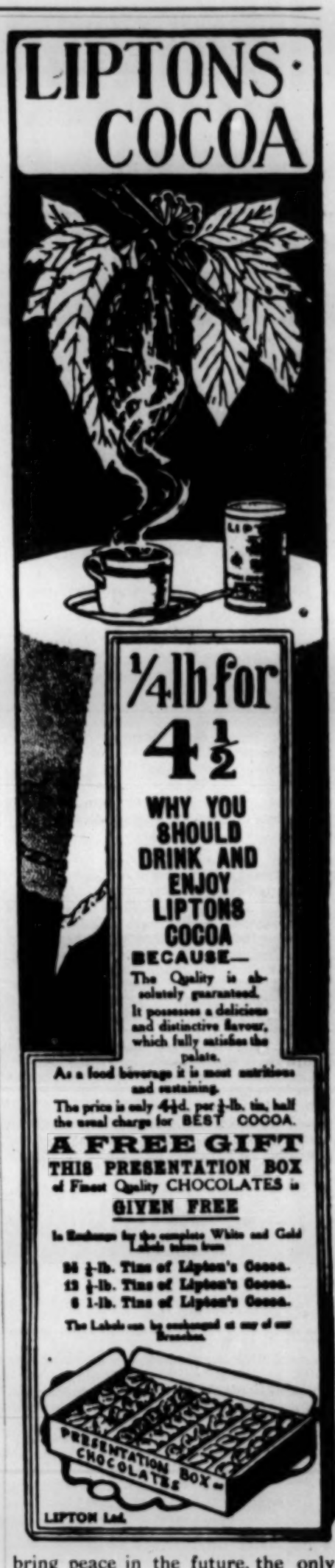
I do not see how it is possible for us Suffragettes to offer any judgment on the merits of England's call to arms; we have nothing to judge by, for we know only too well what governments and principalities can say and do when they are put to it. But that part of the matter has little or nothing to do with the main point at issue. The war is not the soldiers' doing, the nation is not responsible. As Suffragettes we know this; we have gone down to the depths both of the absurdity of so-called representative government as regards the present electorate, and the injustice of the position of those outside citizenship.

No, what we have to face is our responsibility *now*, plunged into this cataclysm blindfold; we have got to wrench out of it a lesson which will bring peace in the future, the only lesson of any worth that war could bring.

There is such a lesson; there must be; I have said that we are in for this war for good and for evil. The Evil is easy enough to see, in itself it is a hellish business, devils have been abroad and have been invited into men's and women's hearts or it could never have been. The devils of greed, brutality, selfishness, apathy, stupidity, and the greatest of these is stupidity; can we any of us plead innocence?

Good has got to come out of this; just as good has come before out of hideous wrong; not such good as would have been ours had the evil not come; were such a war impossible to us we should be years ahead in spiritual progress of where we stand to-day; but still a great good if it brings us of the East End into closer sympathy, into some sense of a true and living fellowship which will give us, when the tyranny of war is overpast, a greater strength to fight for that for which we, as a a Suffrage Union, stand.

Ennis Richmond.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DISTRICT REPORTS.

BOW AND BROMLEY.

Organiser (pro tem.)—Mrs. Bouvier.
321 Roman Road, Bow, E.

Good meetings were held during the week at Burdett Road and Knapp Road, and in Victoria Park on Sunday afternoon. Sunday evening meeting in the Women's Hall was well attended. The audience followed Mrs. Drake's and Mr. Victor Duval's interesting speeches with the closest attention and many interesting questions arising out of Mr. Duval's speech were dealt with by the speaker and by Mrs. Bouvier who was in the chair. Thanks are due to Miss Gatward (at the piano) and members of the choir who contributed some songs, also to paper sellers in the Park, outside Westminster Abbey and at the stall. A New Zealand lady who spoke to one of our paper sellers outside the Abbey came to the evening meeting, joined the Federation, and promised to take part in the poster parade next Saturday, Sept. 12th, in order to advertise our paper. Will all those who promised to take part in the parade and others who have not yet done so, be at 321 Roman Road, on Saturday at 2.30 p.m. Thanks to Mrs. Morris, Mrs. Savoy and Miss Gatward for taking over distribution of papers from members who are not able to do so at present, and also to the two latter and Mrs. Cade for showing poster and selling paper at their houses.

Dreadnoughts sold week ending Sept. 4 :—

Central 544. Bow and Bromley 192.
Mrs. Payne 61
Miss Roach 72
Miss Winter 51
DISTRIBUTED.

Mrs. Knudson and Mrs. McCheyne, 350; Mrs. Connell and Mrs. Moore, 250; Mrs. Gatwood, 250; Mrs. Savoy, 250; Mrs. Carlisle, 200; Mrs. Reader 200; Mrs. Morris, 200; Mrs. Watkins, 200; Mrs. Clarke, 200; Mrs. Mantle, 200; Mrs. Pascoe, 100; Mrs. Lake, 100.

Mrs. Watkins' poodle "Snowstorm," is busy collecting dinner money. On three days this week she collected enough to pay for 27 free dinners for women, and one for a child.

POPLAR.

Office—319 East India Dock Road.
Organiser (pro. tem)—Mrs. Drake.

A good meeting was held at Dock Gates on Tuesday 1st, where Miss Rickards spoke, and Miss D. Morley and Miss Buchan kindly obliged by taking the chair and speaking. Mrs. Bouvier was the speaker on Wednesday evening and gave an interesting address. Now members, buck up and bring more of your friends to this and Thursday afternoon meetings! Mrs. Walshe gave an instructive account of the life of nurses in our hospitals which those present enjoyed very much.

Good meeting at Piggott Street, thanks to Miss W. Long for chairing.

Will any member with any time to spare, please let me know at office. Should like help with canvassing, selling and distribution, also stall on Saturday afternoons. "Many can help one, where one cannot help many."

76 *Dreadnoughts* sold week ending Sept. 4.
Miss Lagsding—54

OTHER EAST LONDON SOCIETIES.

R. S. P. U.

Hon. Sec.—J. W. Bonarius, 89 Wyke Road.

Meetings as usual to urge the Government to take over food supplies and give Votes to Women. Tickets for benefit concert in aid of Comrade Wise, of R.S.P.U. and Gas Workers' Union, may be had from any member of the R.S.P.U. We are holding a social in the Women's Hall on Saturday, September 19th. Those who are in distress through the war are asked to give full particulars to J. W. Bonarius, at the above address, any evening; he will then forward same to Labour Members on the Central Committee formed to relieve distress in this district.

50 *Dreadnoughts* sold week ending Sept. 4.

HACKNEY.

Secretary—Miss Young,
100 Greenwood Road, Dalston, N.E.

Successful open air meeting held at Lesbia Road, on Monday evening. Large crowd gathered to hear Mr. Charles Gray and Mrs. Walker. Thirty-two *Dreadnoughts* were sold. Meetings held on Tuesday afternoon at 3 o'clock, at 30 Churchill Road for women only. Many thanks to Mrs. Julia Scurr for her excellent lecture on the Poor Law. Members are asked to make the indoor meeting better known. Twelve *Dreadnoughts* were sold.

SOUTH WEST HAM.

Hon. Sec.—Mrs. Daisy Parsons,
94 Ravenscroft Road.

Though Mrs. Parsons is away ill, the flag is still flying. Miss Leggatt, Miss Greenleaf, Miss Penn and Miss Mills sold 154 *Dreadnoughts* last Tuesday.

A DINNER PARTY.

Many members have said that they do not feel they can enjoy the regular members' monthly social meetings during the war. Miss Sylvia Pankhurst has suggested, as an alternative, that on the last Saturday in September as many members as room can be found for shall take dinner with the usual customers in the Women's Hall, and that, after the meal is over members and friends shall give an entertainment.

Those who are willing to help in making the entertainment a success should send in their names at once.

A. E. WAKEFIELD, 259 Old Ford Road, Grocer.—General Stores.—Goods of best quality. Clubs held.

WHAT TO EAT IN WAR TIME.

By Nurse Startup.

People are everywhere getting concerned because the price of food is going up, and the toilers in our cities who always find it difficult to make "ends meet" wonder what will happen if presently meat becomes so scarce and dear that they cannot buy it!

Well, living and thriving in our midst are many people who have not touched meat or fish of any kind for many years, not because they cannot afford it, but because they find that they are so much happier and can work so much better without it. Indeed, a large number of them would go without food for several days rather than eat meat, if it were *given* to them.

Do you not think then, that it would be well, at this critical time, to stop and listen to what these people have to tell us before food has become scarce, and try to learn how to live cheaply, and yet be well nourished without meat?

There are three very important things to remember in vegetarian cooking.

1. SCRUPULOUS CLEANLINESS. All pots and pans used must be kept clean. All fruit either eaten raw or cooked should be washed, and flies must *never* be allowed to get at food. It is easy to put a piece of muslin over things, and if people would but stop to think a minute they could not fail to realise what a dangerous thing it is to drink milk in which flies have drowned, or floated and to eat food which they been allowed to crawl over.

2. NOTHING NEED BE WASTED. The water in which rice has been boiled for instance, contains a lot of goodness out of the rice, and should be kept as "stock" for soup, of allowed to get cold, when it sets in a jelly, and may be eaten with stewed fruit or jam. Then the water in which vegetables have been boiled always contains different kinds of salts, which the body needs, to keep it healthy. This must also be saved for soups.

When apples are peeled after being washed, the peelings and core should be simmered down, and the liquid after straining should be put in the stock pot. The same with potato parings, or any other kind of vegetable peelings, also the outside leaves of cabbage, lettuce or celery, anything of that kind, after being carefully washed, and the dead parts picked off.

3. IN COOKING ALL VEGETABLES, USE AS LITTLE WATER AS POSSIBLE. When they are watery vegetables, such as marrow, cucumber, or spinach, no water should be used. They must be cooked in a saucepan with the lid on, or in a *covered* jar in the oven. *Soda and salt* should not be added, as the first is *harmful* and all vegetables contain the second, only in the ordinary cooking it is thrown away in the water, and that is why we have got into the habit of adding salt.

So the three chief things to remember are: cleanliness, no waste, all vegetables to be cooked in as little water as possible, and always with the lid on, and without soda or salt.

Here are a few simple recipes which any one can soon learn to do.

1. SOUP.—Wash four tablespoonfuls of pot barley and put in a saucepan with two quarts of water. Peel and wash two spanish onions, scrub clean but do not peel three medium sized potatoes, two carrots, two turnips, and the outer sticks of a head of celery. Slice these up and put into saucepan with the barley. Bring to the boil, and then simmer four hours. Add two teaspoonfuls of dried herbs quarter of an hour before it is finished. This will make enough soup for six people. Five minutes before serving put some shredded wheat biscuits in a warm oven, (one for each person), and eat with soup instead of toast.

This would make a nourishing dinner without anything else, but if a pudding is wanted, the following would be suitable. Cut some half inch slices off a large *Allinson's* wholemeal loaf, one for each person, and fry in a little nutter. Put on a hot dish, and spread with honey or jam.

2. Another soup can be made by preparing the vegetables in the same way as for No. 1, and putting in the same quantity of water, simmering four hours. Then take a breakfast cup full of Symington's pea flour, mix in a paste with cold water, add, stirring all the while, add to the hot soup, and bring to the boil.

If too thick, add a little boiling water. Fry some slices of Allinson's wholemeal bread in nutter, and pour the soup over it.

Baked apples sweetened with brown sugar may follow as pudding.

3. Put half lb. of butter beans in a basin over night, and cover with cold water. Next morning directly after breakfast, turn them straight into a casserole or covered jar, water as well as beans. Add a piece of nutter the size of two walnuts, cover tight, with the lid, and put in a moderate oven. About ten minutes before serving add some chopped parsley. Some green vegetables should be served with this. When in season spinach is very good. After carefully washing in several waters, put into a saucepan and shut down the lid. Have a very low heat under it at first (if using a gas ring, turn as low as possible) and you will find a lot of juice comes out in about ten minutes. Then make the heat a little stronger and in another ten minutes it will be cooked and can be served just as it is with its juice. Twopennyworth of spinach when it is cheap will be enough. If turnip tops or other greens are used they must be put on about three hours before dinner and about a breakfast cup full of water put in the saucepan with a small lump of nutter. Keep the lid on and let them simmer, not boil fast. Vegetables can be done like this in a casserole in the oven, but the heat must not be too great or the small amount of liquid will dry up and they will burn.

If there are some beans left over they may be mashed up with a tomato, a grated raw onion, a little sage or thyme and enough breadcrumbs to make it stiff enough to roll into balls or sausages. Beat up one egg, mix half with the mixture, dip each ball or sausage into the other half, and roll in brown bread crumbs and fry in nutter. This with fried potatoes will make a tasty dinner for the next day.

Another easy dish which makes a nourishing meal, is—

4. Put two tomatoes in boiling water for a minute, then skin and put them into a covered saucepan or casserole. Cook about five minutes. Beat up two eggs, pour over the tomatoes, add two teaspoonsful of Grape Nuts and a little celery salt, and scramble together. Serve on four slices of thick brown bread, toasted and buttered hot. (Enough for four people).

5. Quarter pound of plain cheese with salad made from any of the cheap green vegetables, with radishes, and spring onions or tomatoes with some oil and lemon juice, and eaten with Allinson's wholemeal bread and some vegetable butter makes a nourishing meal suitable for any hard working man or woman.

For breakfast nothing is better this time of year than fresh fruit and brown bread and butter, and if a jug of hot barley water flavoured with lemon is put on the table instead of tea, it will save the milk and sugar and be more strengthening, and the children at any rate will soon learn to prefer it.

These simple dishes contain quite as much nourishment as the ordinary meat preparations and are a much purer form of food. Pepper and salt should be used sparingly, each person adding it to suit their taste, but it should not be cooked with the food, and little children should never be given pepper or vinegar. All nuts are very nourishing and can be taken instead of meat and nearly all children are fond of them. Stale bread can be put in the oven to get crisp. Most children will love to eat it like that, and it can also be crushed with a rolling pin, put into a covered jar or tin, and used for bread crumbs in cooking.

Pure brown cane sugar, unpolished rice, pot barley, nutter, and all kinds of nut butters can all be got at George Savage & Sons, 53 Aldersgate Street, E.C., also cheap cookery books.

Nutter is as cheap as lard, much purer, and being made from nuts can be used on bread instead of dripping or butter. Then there is nut suet, used instead of ordinary suet, but these things can only be got at one of the Reform food shops, and the nearest for the people of Bow is the one whose address I have given above.

SHALL SHE BE TURNED OUT?

Mrs. C. of Old Ford is separated from her husband, who is serving a month's imprisonment for drunkenness. He has been ordered to pay 8s. a week to maintain his family, but he has never done this. Sometimes he has given his wife 4s., sometimes 2s., for the last five weeks she has had nothing from him, and of course she can get nothing whilst he is in prison.

She has four children aged 19, 16, 14 and 8 years. The eldest son aged 19 was employed at a wood yard but lost his work owing to the war. The eldest girl aged 16 goes out as a domestic servant and sleeps at home. She is paid 2s. 6d. a week. The mother is herself a trouser finisher and earned only 1s. 8d. the first three days of this week, for work is scarce owing to the war, and the firms for which she works have taken ½d. a pair off every pair of trousers—for instance, for the best work for which they used to pay 3d. a pair, they now pay 2½d., and for football knickers for which they once paid 1½d., they now pay 1¼d. a pair. The women have to find their own thread out of these miserable sums.

On Friday, Mrs. C. was summoned for not paying her rent, and the magistrate at Old Street, Mr. —— gave her till Friday or Monday at latest to clear out.

Shall she be turned out?

How does the Government, how do magistrates imagine that poor women are to live and keep their children under such horribly cruel conditions in these hard days!

When you are in distress, do not take the food out of your children's mouths to pay the landlord.

Do not allow your neighbours to be driven out.

"ENLIST OR GO!"

In the House of Commons on September 9th, Mr. Thomas (Derby, Lab.) asked the Prime Minister whether he was aware that employers were dismissing single men with a view to compelling them to enlist, and whether, having regard to the magnificent response of our men to the nation's call, he would take steps to inform all employers that intimidation of any kind was more likely to discourage than to stimulate the voluntary sacrifices demanded by the country. (Cheers.)

Mr. Asquith.—Some cases of this kind have come to my notice, but I have no reason to think that the practice is at all general, and public opinion may, I hope, be trusted to discourage, as it should discourage, any such action. (Cheers.)

We in East London know that the sentence: "Enlist or Go," is a very common one. Is it for this that Distress Committees refuse to act? Men starved into recruiting will be of little use in fighting.

Our 'COST-PRICE' RESTAURANTS

Some people are asking whether the "Cost Price" restaurants recover the cost of the meals they sell. If the prices were normal they probably would, once the plant had been bought and the restaurants had been going long enough for us to judge to a nicety the number of customers. At present the number is constantly increasing; but, unfortunately, prices are not normal, and so we are anxious for gifts of money, food and utensils.

Some people ask whether the "cost price" restaurants compete with the existing coffee shops and injure their trade. No, the customers of the East London restaurants and coffee shops are chiefly men. Our customers are almost all women and children, who, even in peace time, cannot afford to pay the prices charged by other restaurants and coffee shops. Women and children come to the "Cost Price" restaurants, not because they can get their meals more cheaply there than at any other restaurant, but because they can get them more cheaply than in their own homes, now that the prices have gone up so high; and because they are spared the labour of cooking meals now that they have been obliged to do more paid work, either in the factory or the home.

Anyone who happens to come to our restaurants and thinks she could afford to pay more than 2d. for her meal, can put a contribution in the box, in order that we may give a free dinner to someone who cannot afford to pay anything at all.

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